

Viking Voice

Ruby Van Meter 515-242-8220

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From Robin Delury - BSN, RN

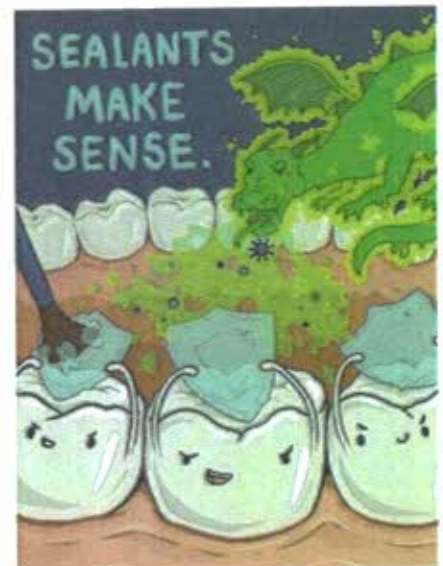
February is National Children's Dental Health Month, with the 2022 theme being "Sealants Make Sense."

The month is a national health observance that brings together thousands of dedicated professionals, health care providers and educators to promote the benefits of good oral health to children, their caregivers, teachers and many others.

Irene Hilton, D.D.S., chair of the ADA Council on Advocacy for Access and Prevention's advisory committee on dental sealants, said sealants are an equitable way to prevent caries.

"Sealants on permanent molars reduce the risk of caries by 80%," Dr. Hilton said. "If your dentist recommends dental sealants, it is part of a comprehensive caries management approach. I am excited that this year's "National Children" Dental Health Month theme is about dental sealants, so more families are aware of this cavity-preventing treatment."

If you have specific questions, contact Robin Delury for support at 242-8220 or Robin.delury@dmschools.org



Lunch Menu

7	8	9	10	11
Hamburger on a Bun	Asian Pot Stickers w/Sauce	Chicken Nuggets w/ Dinner Roll	Walking Taco w/chips & Roll	Macaroni & Cheese
or	or	or	or	or
Hot Dog on a Bun	Yogurt Kyzdable	Beef Burger on Bun	Chef Salad w/Cheese & Dinner Roll	Pepperoni Pizza
Corn, Grape Tomatoes	Green Beans, Tossed Romain Salad	Steamed Broccoli, Celery Sticks	Fiesta Black Beans, Salsa Cup	Savory Carrots, Fresh Veggies
Pears, Grapes	Applesauce, Kiwi	Pineapple, Banana	Fruit Cocktail, Orange Wedges	Peaches, Raisels

It is the policy of the Des Moines Community School District not to illegally discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you believe you have (or your child has) been discriminated against or treated unjustly at school, please contact Mary Grinstead, 2100 Fleur Drive, Des Moines, IA 50321, (515) 242-7664, mary.grinstead@dmschools.org.

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This Week's Events

Mon. 2 - 7 - 22

PTO Meeting

RVM Art Show begins

Tues. 2 - 8 - 22

Wed. 2 - 9 - 22

Thurs. 2 - 10 - 22

Fri. 2 - 11 - 22

February PBIS and Valentine Dance

Upcoming Events:

- 2/14: No Classes
- 2/18: Middle School Career Fair
- 2/18: MS, HS Virtual Music Concert
- 3/2: Elem. Art Center Fieldtrip

Our Students are Hot Shots!



Ruby Van Meter Hot Shot Contest was held on Monday, January 31st. This activity is held every other year but due to the pandemic, we missed last year, but we are back on track!

Hot Shot Contest is a favorite of all RVM students. Every student participated in a basketball shooting competition throughout the day and trophies were given to the male and female winners in each division. We have varying heights of basketball hoops and students are assigned to a basket that is most appropriate to their shooting abilities.

This year, instead of giving all students a Hot Shot shirt to commemorate the fun day, Booster Club purchased a stocking cap for our RVM learners. Perfect for our hot shooters and cold

Winners in each division:

Small Basket -- Anna Nolevanko and Emilio Reyes-Cruz

Medium Basket -- Gobi Foltz and Brady Vargas

Tall Basket -- Adriane Coleman and Cheyenne Lynch-Dobbins

Lowered Regulation Basket -- Akage Gomo and Michael Trude II

Regulation Basket -- Hannah Russell and Eli Dajane

The Music Concert scheduled for February 18 will be virtual!

A YouTube video will be published onto our private channel. The afternoon of the program, a link will be sent out to you via e-mail and CNXT. Only those given the link will be able to access the video for the safety of our students. Students are encouraged to dress nice or dress in "decade" clothing for the "birth of Rock/n Roll!" If you have questions, contact Melissa Holter at 515.242.8229 or melissa.holter@dmschools.org

